



MIAMI EAST

Track and Field Expectations

General Rules:

- 1) All team members must abide by the “Miami East School’s Athletic Guidelines and Procedures Handbook.” Any athlete that commits an action that is detrimental to the Miami East Track Program will be dealt with as **COACH ELIFRITZ, COACH KARNEHM OR MR. DONALDSON** see fit. Any time your actions disrupts the Miami East Track Program, the coaches reserve the right to suspend or dismiss you from the program.
- 2) Parents who have concerns must contact **COACH ELIFRITZ OR COACH KARNEHM** and set up a meeting that fits into their schedule. They will not take practice or meet time to discuss concerns. If this meeting does not solve the presenting issue, a meeting with the athletic director (Scott Donaldson) will be scheduled.
- 3) Always remain loyal to the Miami East Track Program. Don’t blame the program “when the going gets tough.”
- 4) Be loyal to the coaching staff. Don’t be “thin skinned.” Work out tough situations one on one with the coaches. Don’t stand around and complain because it will not resolve the situation.
- 5) Never allow person conflicts to disrupt the team. Work out conflicts like young adults.
- 6) Show loyalty to other team members at all times.
- 7) Our goal is to develop and establish a competitive and successful program. This will take hard work and dedication from coaches and athletes.
- 8) **MOST OF ALL HAVE FUN!!!!!!**

Practice Rules:

- 1) You are expected to be on time and in attendance for all meetings and practices. If for some reason you are unable to attend **CONTACT COACH ELIFRITZ - 937-335-5439 ext. 6304, or COACH KARNEHM 937-266-0752.**
- 2) If you are ill and cannot make practice you must call/email/REMIND/text the coach.

NOTE:

- 1) Uncommunicated, unexcused absences are not permitted.
 1. Uncommunicated, unexcused absences - you cannot run next meet
 2. CONTINUAL uncommunicated, unexcused absences - you are off the team
- 3) Definition of unexcused absence: A student athlete does not report to practice on time, and does not contact **COACH ELIFRITZ OR COACH KARNEHM.**

- i. You are only excused from practice if you communicated the absences with **COACH ELIFRITZ OR COACH KARNEHM**. An excused practice is if you are sick, injured, or a major prior engagement that has been talked through with **COACH ELIFRITZ OR COACH KARNEHM**.
 - ii. You must be at practice on time. If you are going to be late to practice. You must let **COACH ELIFRITZ OR COACH KARNEHM** know so it does not count as an unexcused absence.
- 4) Contact **COACH ELIFRITZ OR COACH KARNEHM** if you become injured at practice or a meet.

Competition Rules:

- 1) You must run, jump, or throw in the TRC League meet to run, jump, or throw in Districts. If you do not run in the TRC meet, the absence will count as an unexcused absence, and the athlete cannot compete in the District tournament. **(THE ONLY EXCEPTION TO THIS WOULD BE AN INJURY, ACCOMANIED BY A DOCTOR NOTE.)**
- 2) All track athletes will know what they are running the day before the meet. You must ride the bus to the meet. **(NO EXCEPTIONS and/or EXCUSES)** For all invitationals the athlete may leave with his or her parents. **(It is important that everyone stays to support the team, however)** The parent must notify and sign out their athlete before leaving. No athlete may leave with a friend's parents w/out verification and approval from the coaching staff.
- 3) You must wear Miami East attire to all meets and invitationals. You will not be able to board the bus wearing any other attire. Plain winter hats are allowed.
- 4) No jewelry is to be worn during competition.
- 5) **Always bring plenty of warm clothing.**
- 6) Poor sportsmanship will not be tolerated. We expect our athletes to be positive "role models" at all time. This also means that the use of profanity is forbidden. Failure to abide by this rule will result in disciplinary action.
- 7) Always come to meets ready to compete.

CONTACT INFORMATION

| | <u>COACH KARNEHM</u> | <u>COACH ELIFRITZ</u> |
|---------------------|--|--|
| <u>WORK</u> | 937-237-5001 | 937-335-5439 EXT. 6304 |
| <u>CELL</u> | 937-266-0752 | 937-573-7120 |
| <u>EMAIL</u> | enfpcoach@gmail.com | pelifritz@miamieast.k12.oh.us |